



Lebanon

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Map of Lebanon

- Lebanon is a small country located on the eastern shore of the Mediterranean Sea.
- Its major cities include Beirut, Tripoli, Sidon, Tyre, and Jounieh. Lebanon shares borders with Syria to the east and north, and Israel to the south.
- The Mediterranean Sea lies to the west of Lebanon.

Flag

- The red stripes on the Lebanese flag represent the blood of those who fought for independence, the white represents peace and purity, and the green represents the country's cedar trees and hope for prosperity. The cedar tree symbolizes strength, eternity, and Lebanese history and culture.



Capital city, population, and languages



- The capital city of Lebanon is Beirut. As of 2021, the estimated population of Beirut is around 2.1 million people.
- The official language of Lebanon is Arabic, but many Lebanese people also speak French and English as second languages.

Factors that influenced food cuisine



- Geography: Lebanon's location in the Eastern Mediterranean has made it a hub for trade and cultural exchange for centuries.
- Religion: Lebanon is home to a diverse range of religious communities, including Muslims, Christians, and Druze.
- History: Lebanon has a long and complex history that has shaped its cuisine. For example, the country was ruled by the Ottoman Empire for centuries, and Ottoman cuisine has had a significant influence on Lebanese food.

Lebanese Breakfast

- **Mareusha:** flatbread topped with za'atar (a mixture of herbs and spices) and olive oil
- Labneh: a strained yogurt spread on bread or served with vegetables
- Falafel: fried chickpea balls served with vegetables and tahini sauce





Lebanese lunch

- Fattoush: a salad made with lettuce, tomato, cucumber, and toasted pita bread, dressed with a lemon and sumac dressing
- Shawarma: marinated meat (usually chicken or beef) cooked on a spit and served in a pita with vegetables and tahini sauce
- Kibbeh: a dish made with ground meat (usually lamb) and bulgur wheat, shaped into balls or patties and fried or baked

Lebanese dinner

- Mezze: a selection of small dishes served as appetizers, including hummus, baba ghanoush, tabbouleh, and stuffed grape leaves
- Kebabs: marinated meat skewered and grilled, served with rice and vegetables
- Mloukhiyah: a stew made with mallow leaves and served with rice and bread



History and background of baba ganoush

- Baba ganoush is a popular Middle Eastern dip made from roasted eggplants, tahini, olive oil, lemon juice, and garlic. Its origin is unclear, but it is believed to have originated in the Levant region and spread throughout the Middle East. Baba ganoush is similar to hummus and is often served as part of a mezze platter.





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